

## Just What He Needed:

### MOVE!<sup>®</sup> HELPS VETERAN MICHAEL OFSTEIN WIN HIS LIFE-LONG BATTLE WITH WEIGHT—AND LOSE 125 POUNDS

Veteran Michael Ofstein knew things had to change when his VA health care provider gave him startling news about his health.

“My endocrine nurse told me that I was killing myself—rapidly,” he recalls. “My blood sugar was at 500 mg/dL—even though I was taking large doses of insulin.” The excessive weight was negatively affecting his life in other ways, too. He couldn’t tie his shoes, and he needed a seat belt-extender when he traveled by plane. He’d also recently lost his job due to weight-related medical complications.

#### Ending The Struggle

“My nurse then told me that there was a weight management program at the VA Southern Nevada Healthcare System called ‘MOVE!’,” Michael says, “and that there was one spot available.”

Michael took that spot and everything began to change.

Although he’d been unsuccessful managing his weight his whole life, MOVE! worked for him. “In the past, I’d tried other weight-loss programs, fasting, and even protein powders, none of which worked,” Michael explains. “But MOVE! gave me what I needed to be successful—structured meetings and the support of physician and dietitian counseling. Every MOVE! staff member helped me!”

Michael started MOVE! in March 2007, initially doing the low-fat/healthy plate classes, then later, the exercise classes. “Now, I’m doing the low-carb classes,” he explains. “I’ve lost 125 pounds and I’m still losing. I have not reached my ultimate weight goal yet!”

#### Healthy Steps

Michael says that his overall health also has improved dramatically with weight loss. “I’ve gone from taking 30 pills per day to just a few per day, and I no longer need insulin,” he explains. “I’ve reduced my blood pressure medications from 4 to 1, for example, and my cholesterol medications from 3 to 1.”



And he's much happier now with his new, healthy lifestyle. "It used to take me 5 minutes of grunting and using a cane just to take 20 steps. I was a car dealer and people could hear me breathing from across the show room," Michael says. "Now, I walk a quarter mile at a time with no problem—my legs aren't puffy anymore."



Michael's success with MOVE! has made him a true believer in the program. "If you are ready and serious about getting healthier," he says, "you *will* lose weight with MOVE!"

## MOVE!-ing Forward: Michael's Weight Over Time

